



PRESSED  
*flowers*

TUTORIAL



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HISTORY OF

# *pressed flowers* AS ART

- Oshibana is an art form where artists create images solely with pressed flowers.
- It has been practiced in Japan and China since the 16th century.
- Some of the earliest artists were samurai, who made Oshibana art to achieve a state of calm and practice patience.

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A collage of craft materials including a pair of scissors, a stack of books, and a box of Cut-Rite wax paper. The background features various floral elements like yellow and purple flowers and greenery.

# MATERIALS

- scissors
- flowers, foliage, & greenery
- scrap or copy paper (4-10 pgs)
- parchment or wax paper
- your heaviest book (phone book, dictionary, cook book, etc.)
- stackable heavy items like books or bricks

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## STEP #1

### PICK THE RIGHT FLOWERS

- Gather fresh flowers that have a single layer of petals like DAISIES, PANSIES, and small WILDFLOWERS
- Add variety to your mix by clipping greenery and foliage, too. FERNS are our favorite!

\*For best results, collect your samples after the morning dew has already evaporated.

**NOTE:**  
the book's pages  
will trap  
moisture, so use  
a book you don't  
mind damaging

**STEP #2**

**PREPARE YOUR BOOK**

- Open your book to a page towards the end (but do not use the last pages).
- Place parchment/wax paper on both of the open pages.
- Then, add a sheet of copy/scrap paper on top of each wax paper.

STEP #3

PREPARE THE PLANTS

- Shape and place flowers/  
greenery facedown on the  
scrap paper, leaving a  
little space in between  
each item.

NEED MORE ROOM?

- Skip a 1/2 inch worth of  
pages and repeat the  
process.

REMEMBER:  
how they  
lie is how  
they'll dry

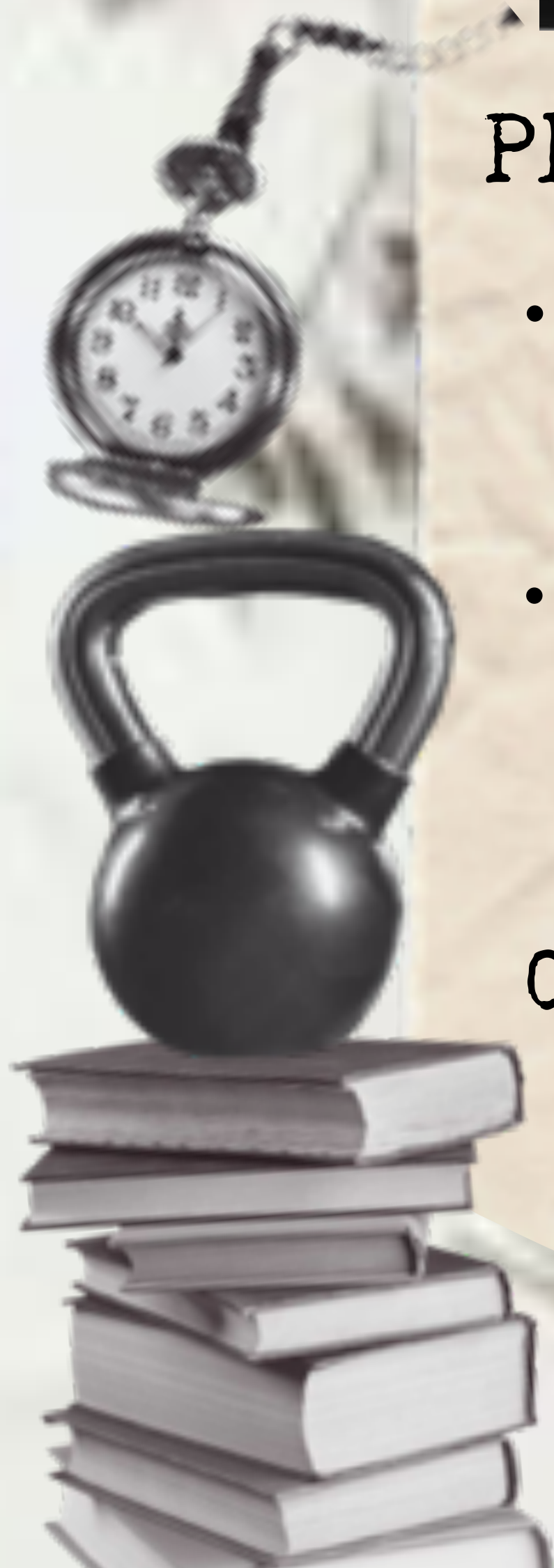
OPTIONAL:  
Use tape to  
secure the  
stems in  
place

## STEP #4

### PRACTICE PATIENCE

- Carefully close your book without moving your arrangement.
- Then, stack heavy items (books or bricks) on top.

LEAVE THE BOOK  
CLOSED FOR 7 DAYS!



# WITH YOUR PRESSED FLOWERS



SUSAN MCCHESENEY, "FLOWER 17.19,"  
2019, PETALS ON PAPER, 7 × 5 INCHES.  
IMAGE COURTESY OF THE ARTIST &  
THE ASHEVILLE ART MUSEUM



TATIANA BERDNIK (UKRAINIAN ARTIST-FLORIST),  
"ROAD," 2011. PRESSED FLOWER CRAFT OSHIBANA.  
IMAGE COURTESY OF [WWW.ARTMAJEUR.COM/](http://WWW.ARTMAJEUR.COM/)  
©TATIANA BERDNIK

#1

Consider  
making your  
own Oshibana  
artwork.



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# WITH YOUR PRESSED FLOWERS

## #2

Find unique ways to display them around your house.



FLOATING  
GLASS  
FRAME



SHADOW  
BOX



BUNDLED  
BOUQUET

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# WITH YOUR PRESSED FLOWERS



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# #3

Decorate  
cards to give  
to your loved  
ones.



**SHARE YOUR  
CREATIONS  
WITH US**

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#MUSEUMFROMHOM #THEMUSEUMSCHOOLMMA**